

ABSTRACT

A powder composition, characterized in that the powder composition includes delipidated egg yolk particles and a functional food material, the functional food material being impregnated in pores of the delipidated egg yolk particles; a method for preparing a powder composition characterized by mixing a delipidated egg yolk with water, spray-drying the resulting mixture, to prepare porous, delipidated egg yolk particles having pores on surfaces thereof; and mixing the resulting delipidated egg yolk particles with a functional food material, and drying the resulting mixture under reduced pressure; and a food including the powder composition mentioned above. The powder composition of the present invention has excellent flowability and little stickiness, and the functional food material can be contained therein at a high concentration, so that the deterioration of the substances susceptible to undergo deterioration by light, heat, oxygen, or the like is prevented, whereby making the flavor of the substance having undesirable flavor better, and the properties of the functional food material are made stable for a long period of time.